

# HealthierUS School Challenge Application General Information



## Application Navigation Tips:

1. To adjust the viewing size of the application on your screen, use the zoom box at the top of Adobe Reader; 75% to 100% often works well.



2. Save your work on your hard drive often.
3. For technical assistance regarding the HUSC criteria please contact your state agency.
4. For technical assistance regarding the interactive HUSC forms please contact HMRS@ars.usda.gov.

## Application Guidance and Menu Development Resources:

- **Criteria for HUSC Awards**
  - [Criteria for Elementary Schools](#)
  - [Criteria for Secondary Schools](#)
  - [Comparison Criteria for All Schools](#)
- **[Fact Sheets for Healthier School Meals](#)**
- **[Frequently Asked Questions](#)**
- **[Guidance on Vegetables, Dry Beans and Peas](#)**
- **[HealthierUS School Vision](#)**
- **[Tips for States](#)**
- **[Whole Grains Resource](#)**



Food and Nutrition Service (FNS)  
**HealthierUS School Challenge**  
Recognizing Excellence in Nutrition and Physical Activity

**Application Cover Sheet**

Application for:                      Bronze Award                      Silver Award

School Name

School District

School Address

City

State

Zip

Grades in School      K      1      2      3      4      5      6      7      8      9      10      11      12

Food Service  
Manager's Name

Food Service  
Manager's Phone  
Number & Email

Date Submitted to  
State Agency

You must have Acrobat Reader 9.0 or above to save forms

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Work!**

**State**

Approved by State Child Nutrition Director: \_\_\_\_\_  
Date

Reviewed by: \_\_\_\_\_ Phone: \_\_\_\_\_

**Regional Office**

FNS Region: \_\_\_\_\_ Reviewed by: \_\_\_\_\_

Approved by Child Nutrition Director: \_\_\_\_\_  
Date

**FNS Headquarters**

Application received HQ: \_\_\_\_\_ Reviewed by: \_\_\_\_\_

Decision/Date: \_\_\_\_\_ Award period: \_\_\_\_\_



# HealthierUS School Challenge

## Recognizing Excellence in Nutrition and Physical Activity

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# HealthierUS School Challenge

## Recognizing Excellence in Nutrition and Physical Activity

### Application for Bronze or Silver Award



#### Bronze / Silver Award Criteria

YES

NO

**1. Are you a Team Nutrition School?** (Include print out of Team Nutrition verification from Team Nutrition website:  
<http://teamnutrition.usda.gov/schoolsdb/srchpage.asp>)

**2. If applicable, have all corrective actions from your school's most recent School Meals Initiative (SMI) been completed?**

**3. Are all lunches submitted in this application reimbursable?**

**4. Do your reimbursable lunches meet or exceed the criteria in the worksheets?** (Include forms on pages 4-7 and documentation for menus served.)

**5. Is nutrition education provided to students that meets or exceeds the criteria in the worksheet?** (Include worksheet on page 8.)

**6. Is the opportunity for physical education/activity provided to students, that meets or exceeds the criteria in the worksheet?**  
(Include worksheet on page 9/9a.)

**7. Does your school meet the criteria for the award it is seeking?**

*No ADP requirement for Bronze.*

*Elementary and Middle School ADP criteria: 60% Silver*

*High School ADP Criteria: 45% Silver*

**List ADP:**                      **month/year:**

**8. Does your school serve/sell a la carte foods or have foods or beverages available in vending machines in the school cafeteria and/or other designated school meal area during meal periods? If yes, do these foods and beverages meet the competitive foods criteria listed in the worksheet?** (Include printouts from online calculator, food product ingredient labels, Nutrition Facts Labels and/or recipes.) [more info.?](#)

**9. Does your school meet the School Policies and Practices criteria listed on page 11 of this application?** (Include worksheet on page 11.)

The State Agency and FNS reserve the right to verify all information on the application and reject applications that are incomplete or otherwise fail to provide factual information.

*School*

**Reminder  
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*Bronze Award / Silver Award Application 3*

*Please check when page is completed.*



# HealthierUS School Challenge

## Recognizing Excellence in Nutrition and Physical Activity

Lunch Menu Worksheet

Bronze Award

Silver Award

Dates Week 1 Menu served:

Week 1			
Menu Planning Approach			
LUNCH MENU CRITERIA	FOOD ITEM	PORTION SIZE	COMMENTS (OPT.)
<b>Vegetables:</b> Offer a different vegetable every day of the week (at least ¼ cup serving size). <i>Note that various preparations of the same vegetable are considered the same, i.e. mashed potatoes and tater tots are both potatoes.</i> <a href="#">more info.?</a>	M T W T F	M T W T F	
<b>Dark green or orange vegetables:</b> Offer dark green or orange vegetables on 3 or more days per week. (Of the 3, at least 2 must be different. At least ¼ cup servings are required). <a href="#">more info.?</a>	M T W T F	M T W T F	
<b>Cooked dry beans or peas (legumes):</b> Offer at least once a week (at least ¼ cup serving size). <a href="#">more info.?</a>	M T W T F	M T W T F	
<b>Fruits:</b> Offer a different fruit every day of the week (at least ¼ cup serving size). <i>Note that various preparations of the same fruit are considered the same, i.e. fresh apples and applesauce are both apples.</i> <a href="#">more info.?</a>	M T W T F	M T W T F	
<b>Fresh fruit:</b> Offer fresh fruit at least 1 day a week (at least ¼ cup serving size). <a href="#">more info.?</a>	M T W T F	M T W T F	
<b>Whole grain foods:</b> Offer whole grain food at least 3 days/week, and may not be the same one each day. <a href="#">more info.?</a>	M T W T F	M T W T F	

1. Does your menu only offer low-fat (1% or less) and fat-free (skim) milk, flavored or unflavored, each day?

YES NO

2. Does this week's menu meet the HUSSC menu criteria?

YES NO

School

**Reminder  
Save  
Your  
Work!**

Bronze Award / Silver Award Application 4

Please check when this page is completed.

# HealthierUS School Challenge

## Recognizing Excellence in Nutrition and Physical Activity

Lunch Menu Worksheet

Bronze Award

Silver Award

Dates Week 2 Menu served:

Week 2			
LUNCH MENU CRITERIA	FOOD ITEM	PORTION SIZE	COMMENTS (OPT.)
<b>Vegetables:</b> Offer a different vegetable every day of the week (at least ¼ cup serving size). <i>Note that various preparations of the same vegetable are considered the same, i.e. mashed potatoes and tater tots are both potatoes.</i> <a href="#">more info.?</a>	M T W T F	M T W T F	
<b>Dark green or orange vegetables:</b> Offer dark green or orange vegetables on 3 or more days per week. (Of the 3, at least 2 must be different. At least ¼ cup servings are required). <a href="#">more info.?</a>	M T W T F	M T W T F	
<b>Cooked dry beans or peas (legumes):</b> Offer at least once a week (at least ¼ cup serving size). <a href="#">more info.?</a>	M T W T F	M T W T F	
<b>Fruits:</b> Offer a different fruit every day of the week (at least ¼ cup serving size). <i>Note that various preparations of the same fruit are considered the same, i.e. fresh apples and applesauce are both apples.</i> <a href="#">more info.?</a>	M T W T F	M T W T F	
<b>Fresh fruit:</b> Offer fresh fruit at least 1 day a week (at least ¼ cup serving size). <a href="#">more info.?</a>	M T W T F	M T W T F	
<b>Whole grain foods:</b> Offer whole grain food at least 3 days/week, and may not be the same one each day. <a href="#">more info.?</a>	M T W T F	M T W T F	

1. Does your menu only offer low-fat (1% or less) and fat-free (skim) milk, flavored or unflavored, each day?

YES NO

2. Does this week's menu meet the HUSSC menu criteria?

YES NO

School

**Reminder**  
**Save**  
**Your**  
**Work!**

Bronze Award / Silver Award Application 5

Please check when this page is completed.

# HealthierUS School Challenge

## Recognizing Excellence in Nutrition and Physical Activity

Lunch Menu Worksheet

Bronze Award

Silver Award

Dates Week 3 Menu served:

Week 3			
LUNCH MENU CRITERIA	FOOD ITEM	PORTION SIZE	COMMENTS (OPT.)
<b>Vegetables:</b> Offer a different vegetable every day of the week (at least ¼ cup serving size). <i>Note that various preparations of the same vegetable are considered the same, i.e. mashed potatoes and tater tots are both potatoes.</i> <a href="#">more info.?</a>	M T W T F	M T W T F	
<b>Dark green or orange vegetables:</b> Offer dark green or orange vegetables on 3 or more days per week. (Of the 3, at least 2 must be different. At least ¼ cup servings are required). <a href="#">more info.?</a>	M T W T F	M T W T F	
<b>Cooked dry beans or peas (legumes):</b> Offer at least once a week (at least ¼ cup serving size). <a href="#">more info.?</a>	M T W T F	M T W T F	
<b>Fruits:</b> Offer a different fruit every day of the week (at least ¼ cup serving size). <i>Note that various preparations of the same fruit are considered the same, i.e. fresh apples and applesauce are both apples.</i> <a href="#">more info.?</a>	M T W T F	M T W T F	
<b>Fresh fruit:</b> Offer fresh fruit at least 1 day a week (at least ¼ cup serving size). <a href="#">more info.?</a>	M T W T F	M T W T F	
<b>Whole grain foods:</b> Offer whole grain food at least 3 days/week, and may not be the same one each day. <a href="#">more info.?</a>	M T W T F	M T W T F	

1. Does your menu only offer low-fat (1% or less) and fat-free (skim) milk, flavored or unflavored, each day?

YES NO

2. Does this week's menu meet the HUSSC menu criteria?

YES NO

School

**Reminder  
Save  
Your  
Work!**

Bronze Award / Silver Award Application 6

Please check when this page is completed.



# HealthierUS School Challenge

## Recognizing Excellence in Nutrition and Physical Activity

Lunch Menu Worksheet

Bronze Award

Silver Award

Dates Week 4 Menu served:

Week 4			
LUNCH MENU CRITERIA	FOOD ITEM	PORTION SIZE	COMMENTS (OPT.)
<b>Vegetables:</b> Offer a different vegetable every day of the week (at least ¼ cup serving size). <i>Note that various preparations of the same vegetable are considered the same, i.e. mashed potatoes and tater tots are both potatoes.</i> <a href="#">more info.?</a>	M T W T F	M T W T F	
<b>Dark green or orange vegetables:</b> Offer dark green or orange vegetables on 3 or more days per week. (Of the 3, at least 2 must be different. At least ¼ cup servings are required). <a href="#">more info.?</a>	M T W T F	M T W T F	
<b>Cooked dry beans or peas (legumes):</b> Offer at least once a week (at least ¼ cup serving size). <a href="#">more info.?</a>	M T W T F	M T W T F	
<b>Fruits:</b> Offer a different fruit every day of the week (at least ¼ cup serving size). <i>Note that various preparations of the same fruit are considered the same, i.e. fresh apples and applesauce are both apples.</i> <a href="#">more info.?</a>	M T W T F	M T W T F	
<b>Fresh fruit:</b> Offer fresh fruit at least 1 day a week (at least ¼ cup serving size). <a href="#">more info.?</a>	M T W T F	M T W T F	
<b>Whole grain foods:</b> Offer whole grain food at least 3 days/week, and may not be the same one each day. <a href="#">more info.?</a>	M T W T F	M T W T F	

1. Does your menu only offer low-fat (1% or less) and fat-free (skim) milk, flavored or unflavored, each day?

YES NO

2. Does this week's menu meet the HUSSC menu criteria?

YES NO

School

**Reminder  
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Work!**

Bronze Award / Silver Award Application 7

Please check when this page is completed.





# HealthierUS School Challenge

## Recognizing Excellence in Nutrition and Physical Activity

**Reminder  
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### Nutrition Education Worksheet

Grades in which nutrition education is provided:

K   1   2   3   4   5   6   7   8   9   10   11   12

#### Elementary Schools:

Is Nutrition Education provided to at least half the grades?    Yes    No

Briefly describe below how nutrition education is provided to multiple grades and:

- Is part of structured and systematic unit of instruction such as MyPyramid lessons from Team Nutrition
- Involves multiple channels of communication, including the classroom, cafeteria, and home/parents.

#### Middle and High Schools:

Briefly describe below how nutrition education is offered to:

- Middle school students in at least one grade level as part of year round instruction
- High school students in at least two courses required for graduation

Involves multiple channels of communication.

Grades	Description of Nutrition Education Efforts
--------	--



# HealthierUS School Challenge

## Recognizing Excellence in Nutrition and Physical Activity

### Physical Education/Activity Worksheet - Elementary Schools

Grades in which physical education classes are provided:    K    1    2    3    4    5    6    7    8

#### Physical Education

Does your school offer physical education classes to *all full-day* students throughout the school year?       Yes       No

Do the physical education classes cover a minimum average of 45 minutes per week?  
Yes       No

#### Physical Activity

<b>Grades</b>	List the average number of minutes/week that physical education is provided throughout the school year for each grade checked above.	Describe any additional daily physical activity opportunities provided to students (such as recess). Indicate time allotted for any routine activities.
---------------	--	---

## Physical Education/Activity Worksheet - Middle and High Schools

**Briefly describe below how your school offers structured physical education classes to at least two grades and provides students in all grades opportunities to participate in physical activity (intramural/interscholastic sports or activity clubs) and actively promotes participation in physical activities to all students throughout the school year. If possible, list the number of minutes per week that physical education is provided throughout the school year for each grade checked above.**

Grades	Physical Education Activity
--------	-----------------------------

# HealthierUS School Challenge

## Recognizing Excellence in Nutrition and Physical Activity

### Competitive Foods Worksheet

Does your school sell/serve a la carte or extra foods or beverages during meal periods in the food service area(s), including vending machines or a school store, in competition with school meals?

Yes      No

If YES, go to the online **HUSSC Competitive Foods Calculator** to determine if the food and beverages sold as competitive foods meet the HUSSC criteria. Print out results from the Calculator and include with product ingredient labels, Nutrition Facts Labels and/or recipes for each item in the application. [more info.?](#)

If this is a school made product please submit the recipe with the application.

Seconds or extra sales of entrees offered as part of the day's reimbursable lunches are exempt.

<http://healthymeals.nal.usda.gov/hsmrs/HUSSC/calculator.html>

The calculator formulas are at [http://teamnutrition.usda.gov/HealthierUS/formulas\\_foodcalc.pdf](http://teamnutrition.usda.gov/HealthierUS/formulas_foodcalc.pdf)





# HealthierUS School Challenge

## Recognizing Excellence in Nutrition and Physical Activity



### School Policies and Practices Checklist

School Policies and Practices		YES	NO
<b>Fundraising</b>	1. Are primarily non-food items sold through school fundraising activities? 2. Do food items that are sold during the school day meet the guidelines for competitive foods?		
<b>Physical Activity</b>	Does your school demonstrate a commitment to neither deny nor require physical activity as a means of punishment? (For example, students who misbehave are not denied recess.)		
<b>Nutrition</b>	Does your school demonstrate a commitment to prohibit the use of food as a reward? (For example, teachers do not offer candy as a reward to students for good behavior, or for the completion of an assignment.)		
<b>Wellness Policy</b>	Does your school have an approved Wellness Policy included in this application?		
<b>Meal Service</b>	Do students have the opportunity to select a reimbursable meal that meets all of the HUSSC menu criteria? If so, please describe in detail. For example, include: your menu structure [number of entrees and sides, how students have the opportunity to select HUSSC items on serving line(s), etc.] and how Offer vs Serve is implemented, if applicable.		

School

Bronze Award / Silver Award Application 11

**Reminder  
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Please check when page is completed.



# HealthierUS School Challenge

## Recognizing Excellence in Nutrition and Physical Activity

### Review Committee Verification Form



**Please read the following statement and sign below if you agree:**

We have reviewed this application, and we agree that our school meals are healthy and appealing to our students. We attest to the accuracy of the information provided, including the criteria for school policies and practices specified on page 11 of this application. We agree to maintain the nutrition excellence and physical education/activity standards and procedures indicated in this application for the duration of our certification as Bronze or Silver awardees. Furthermore, we agree to cooperate with USDA and other organizations upon request to publicize our efforts.

**Foodservice Manager's Name / Address**

\_\_\_\_\_  
**Date reviewed/verified**

**Team Nutrition Leader's Name**

\_\_\_\_\_  
**Date reviewed/verified**

**SFA Director's Name / Address**

\_\_\_\_\_  
**Date reviewed/verified**

**Representative of the School's Parent Organization**

\_\_\_\_\_  
**Date reviewed/verified**

**Physical Education/Health Teacher's Name**

\_\_\_\_\_  
**Date reviewed/verified**

**Principal's Name / Address**

\_\_\_\_\_  
**Date reviewed/verified**

**Please submit your completed application and documentation to your State Child Nutrition Agency.**

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Your  
Work!**

Public reporting burden for this collection of information is estimated to average 3 hours per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a currently valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to: U.S. Department of Agriculture, Food and Nutrition Service, Office of Research and Analysis, Room 1014, Alexandria, VA 22302 ATTN: PRA (0584-0524). Do not return the completed form to this address.



# HealthierUS School Challenge

## Recognizing Excellence in Nutrition and Physical Activity

### Review Committee Verification Form

#### For Simplified School District Applications Only



**Please read the following statement and sign below if you agree:**

We have reviewed this application, and we agree that our school meals are healthy and appealing to our students. We attest to the accuracy of the information provided, including the criteria for school policies and practices specified on page 11 of this application. We agree to maintain the nutrition excellence and physical education/activity standards and procedures indicated in this application for the duration of our certification as Bronze or Silver awardees. Furthermore, we agree to cooperate with USDA and other organizations upon request to publicize our efforts.

**Superintendent**

\_\_\_\_\_  
**Date reviewed/verified**

**District Food Service Authority (Foodservice Director)**

\_\_\_\_\_  
**Date reviewed/verified**

**Please submit your completed application and documentation to your State Child Nutrition Agency.**

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Public reporting burden for this collection of information is estimated to average 3 hours per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a currently valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to: U.S. Department of Agriculture, Food and Nutrition Service, Office of Research and Analysis, Room 1014, Alexandria, VA 22302 ATTN: PRA (0584-0524). Do not return the completed form to this address.



# HealthierUS School Challenge

## Recognizing Excellence in Nutrition and Physical Activity

### Application Check-off Sheet



Please include the following information in your Application:

Page	Form	Completed
1	..... Cover Sheet	
2	..... Table of Contents	n/a
3	..... Application for Bronze/Silver Awards	
4	..... Week 1 Lunch Menu Worksheet	
5	..... Week 2 Lunch Menu Worksheet	
6	..... Week 3 Lunch Menu Worksheet	
7	..... Week 4 Lunch Menu Worksheet	
8	..... Nutrition Education Worksheet	
9/9a	..... Physical Education/Activity Worksheet	9 9a
10	..... Competitive Foods Worksheet	
11	..... School Policies and Practices Checklist	
12/12a	..... Review Committee Verification Form	12 12a
13	..... Application Check-off Sheet	n/a

#### Please submit the following additional documentation:

Copy of the School Wellness Policy and Team Nutrition Verification

Monthly menus for reimbursable school lunches served in your school (Menus must reflect four consecutive weeks where each week has at least three days and the total number of days over the 4-week menu is 16 days or more. For example: 3 days week 1; 3 days week 2; 5 days week 3; 5 days week 4 = 16 days)

Production records for the 4 weeks (not required for bronze level) [more info.?](#)

Documentation including recipes, food product ingredient statements, and/or Nutrition Facts labels to verify that the criteria have been met for the following: Whole-grain products; A la carte, snack bar, and vended items sold anytime, anywhere on the school campus. [more info.?](#)

Thank you for applying for the **HealthierUS School Challenge**.

For more information, visit the Team Nutrition Website: [www.teamnutrition.usda.gov](http://www.teamnutrition.usda.gov)